

# Winter Afterschool Programs

Held at Providence Elementary

**3:00pm — 4:00pm**

**Tuesdays (Feb 4– March 11) OR  
Thursdays (Feb 6 - March 13)**

*Children will be called down to the cafeteria at school dismissal.  
Sign out from cafeteria at 4:00pm. Please provide a snack.*

## Art

**Instructor: Karina Moser**

In this class, we will work with a variety of art techniques and materials. Kids will do drawing painting and sculpture projects. Everyone will build fundamental skills and challenge themselves to follow through with each artwork. With each structured project, kids will be encouraged to be inventive, experimental and creative.

**Grades K-2: Thursdays**

**Grades 3-6: Tuesdays**

**Fee: \$50 per session**

## Adventure Fitness

**Instructor: Fairfax Adventure Boot Camp**

Ready, set, lets get fit! Come join us for 50 minutes of fun and fitness. Adventure fitness camp teaches kids proper form for body weight exercises, setting the foundation for a healthy lifestyle. We will play fitness games, tug of war, relay race, and much more to get your camper fit and have fun!

**Grades 2-6: Thursdays**

**Fee: \$60**

## Karate

**Instructor: Kaizen Karate**

Students learn the basic levels of martial arts while participating in a fun, exciting atmosphere. Class is tailored to student's individual needs and helps them grow to their fullest potential possible. Karate classes not only focus on instruction, but also learning valuable lessons related to discipline, motivation, self-control, and continual improvement. This class is open to new students and all belt levels.

**Grades K-5: Tuesdays**

**Fee: \$75**

## Zumba

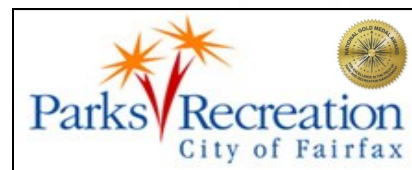
**Instructor: 26th Dimension LLC**

This workshop is party fitness at its best!!! It delivers easy-to-follow choreography and the perfect blend of upbeat world rhythms making for a total body workout that feels like a celebration. There's a good reason why Zumba is currently the world's leading branded fitness program and this Zumba by Amirah B Fit workshop is one of those reasons

**Grades K-6: Tuesdays**

**Fee: \$75**

Questions? 703-385-7858



## Multi-Sports

**Instructor: American Soccer Academy**

Children learn the basic rules, skills and modified games involved with a particular sport – including American and European sports. A different sport each week!! Sports include – Basketball, Flag Football, Soccer, Rounder's, Netball, Cricket, Field Hockey, Rugby, Volleyball, Baseball/ Softball, Lacrosse.

**Grades K-6: Thursdays**

**Fee: \$79**

## Soccer

**Instructor: American Soccer Academy**

Learn valuable soccer skills through age appropriate activities in a safe and fun environment. Licensed professional soccer coaches will teach children first touch, dribbling, passing, finishing and defending skills. A strong emphasis will be placed on foot skills during the program.

**Grades K-6: Tuesdays**

**Fee: \$79**

## Yoga

**Instructor: Eileen Kragie**

Yoga made fun! To channel high energy and develop concentration, this class builds fitness, self-confidence and re-directs restless energy while allowing children to be their playful and imaginative selves. Mats are not required but if have one please bring to class or a towel to sit on.

**Grades 1-4: Thursdays**

**Fee: \$40**

## Take the Stage

**Instructor: Acting for Young People**

Students learn to use their own unique qualities to act, using theater games, improvisation, story telling, and text. Through individual and group activities, young actors build confidence and each will make a significant contribution to our final presentation for families and friends, held on the last class day.

**Grades K-2: Tuesdays**

**Fee: \$65**

**TO REGISTER: (deadline: Fri 1/28/14)**

**ONLINE: [WWW.FAIRFAXVA.GOV/PARKSREC](http://WWW.FAIRFAXVA.GOV/PARKSREC)**

**FAX: (703) 246-6321**

**WALK IN OR BY MAIL:**

- GREEN ACRES, 4401 SIDEBURN RD.
- CITY HALL, 10455 ARMSTRONG ST.
- SHERWOOD CENTER, 3740 OLD LEE HIGHWAY